



North Andover Senior Center Weekly News Article

September 11, 2015

***Drivers Needed, Drivers Wanted***

The North Andover Senior Center, through Northern Essex Elder Transport Program (NEET), provides medical transport for North Andover Seniors. It is becoming increasingly difficult to recruit volunteer drivers for this program. We have gone from a strong base of 21 volunteers down to 8 volunteers over the last few years. When you call the Senior Center to book a NEET transport there may be a time when it is impossible to match a driver with your medical transport needs. We are very fortunate to have the EZ Trans program supported through Merrimack Valley Regional Transit Authority. EZ Trans is a curb-to-curb service for individuals who cannot use the MVRTA fixed route bus system. The EZ Trans is an alternative service in case we are unable to accommodate you through the NEET Program. In addition the Friends of The North Andover Senior Center offer a 50% off book of tickets for North Andover Seniors over the age of 60. To purchase these ticket books, you must have proof of residence in North Andover. If you would like to be part of this program, you must complete the application and return it to MVRTA. If you need assistance with the application please call the North Andover Senior Center and ask for the Outreach/Friendly Visitor Coordinator. 978-688-9560.

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to **review, understand and save** this information!*

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call the North Andover Senior Center to set up an appointment.

**Upcoming Socials:**

**TUESDAY NIGHT DINNER BUFFET:** Here at the North Andover Senior Tuesday September 15<sup>th</sup> promptly at 4 pm. Our sponsor for this month is BrightView Senior Living. Sign up begins Sept 1<sup>st</sup>. Limited to 35 seniors. Cost \$4.

**INDIAN SUMMER SIZZLER:** Thursday September 24<sup>th</sup> at noon. Savor the fading warm days of summer with a lobster roll, chips, sweet potato coleslaw, three bean salad, beverage and dessert. Cost \$10. Sign up begins Sept 3<sup>rd</sup>, with the cutoff date Sept 17<sup>th</sup>. Immediately following is story teller and comedian David Shikes. Limited to 60 North Andover Seniors.

**COME SEE WHAT'S COOKING AT THE SENIOR CENTER.** Eating healthy can have a positive impact on your life. Evidence suggests regularly eating healthy, well-balanced meals contributes to sustained weight maintenance, a better mood and increased energy levels. If you are interested in taking part in our "Wednesday Fresh Table" you need to register by Friday to attend the following Wednesday luncheon. The cost of the lunch is \$5.00. Once you sign up there are no refunds or rescheduling toward another Wednesday due to the planning and purchasing of the food and supplies in advance.

***LET'S GET BACK INTO YOUR FALL SCHEDULE BY JOINING ANY OF THESE NEW GROUPS:***

**CHESS CLUB:** Tuesdays 1-3.

**WOMEN'S FORUM:** 4<sup>th</sup> Thursday of every month, 1:30-3:00

**ART CLASS:** Tuesdays 1-3 pm, \$60 for 6 classes

**BOWLING:** Wednesdays at Academy Lanes in Bradford. \$8.50 a string.

**MAHJONG:** Thursdays 1-3 pm.

**KNITTING:** Tuesdays 9:30 – 11:30. New project "Hats for Vets and Kids"

**Upcoming Socials:**

**ONE ON ONE COMPUTER INSTRUCTION:** 45 minute sessions for \$7, Tuesdays with George Chory and Thursdays with Tom Kookken. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

**S.H.I.N.E. VOLUNTEERS: (Serving Health Insurance Needs of Elders)** Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday only in September; First and third Tuesday of the month, starting in October.

**NEWS & VIEWS:** Every Wednesday at 10–11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

**MEET WITH AN ATTORNEY:** Atty. Ray Cannon, NEW TIME and DAY Sept 22<sup>nd</sup> 10-12 and Atty. Ramsey Bahrawy, NEW TIME and DAY Tuesday Sept 8th. Schedule with Reception-first consult is free.

**MR. FIX IT: First and Third THURSDAY of the month** from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

**WALK IN CLINIC:** Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

## ***NEW WELLNESS SERVICE AT THE NORTH ANDOVER SENIOR CENTER***

**MASSAGE THERAPIST:** Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2<sup>nd</sup> Friday of every month beginning Sept 11th. 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

**FOOT CARE:** RN Catherine Langedoc, Foot Care Specialist (\$30), 3<sup>rd</sup> Friday of every month from 8:30-2:30.

**WALKING GROUP-** Our Walking Group walks at the Old Town Common during the summer at 9 a.m., Monday through Friday.

**Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers.** You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.



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